

the BetterMe project



Helping students to
become **BETTER** humans
from the inside out!



Australian Curriculum V9 General
Capabilities, Respectful Relationships



Based on Brain Science



Teacher-Ready
Resources

A neuroscience-based
curriculum aligned well-
being and General
Capabilities program for
Years 3 to Year 10/12.



Why BETTER ME? Why now?

Today's students are growing up in a
VUCA world—volatile, uncertain, complex, and
ambiguous. This modern world challenges not only how
students learn, but how they behave, relate, and grow. The
BETTER ME Project equips students with the tools to thrive by teaching
them how their brain works, how to lead themselves, and how to show
up as better humans—at school, at home, and in life. "All
human behaviour is normal. It's just not always useful."

This program helps students understand that—and
learn how to take control of their
brain and their choices!

- Neuroscience-based modules tailored to
developmental stages
- Professionally filmed explainer videos and
animations
- Comprehensive teacher guides, PowerPoints and
student workbooks
- Interactive classroom activities that make learning
stick
- Teacher orientation materials and program
onboarding included
- Optional masterclasses and support to enhance
implementation



Powered by neuroscience
Driven by purpose



The AARMA Framework

The BETTER ME Project centres on five
powerful self-leadership capabilities

Awareness



I Notice

Acceptance



I Respect

Regulation



I Control

Motivation



I Focus

Accountability



I Own

Awareness – I NOTICE

Acceptance – I RESPECT

Regulation – I CONTROL

Motivation – I FOCUS

Accountability – I OWN

www.better-me-project.com

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Uses an Explicit Instruction Framework

Why schools love it!

- Ready-to-teach
- Brain-based AND behaviour-based
- Builds whole-school culture
- Supports Social & Emotional Learning, Respectful Relationships, and General Capabilities
- Strengthens student-teacher connection
- Helps address behaviour, engagement, and wellbeing challenges

The package

- One off fee for a three-year licence per unit (includes updates and program developments as they happen)
- Onboarding resources and optional online teacher accreditation
- Quarterly program manager catch-ups
- Online Teacher Resource for extension resources and activities

brainy me aarma me
friend me
resilient me social me
leader me
wise me
and more ...



self-AWARE

and AWARE of your impact on other humans and how other humans are impacting you

self-ACCEPTING

and ACCEPTING of other humans and of circumstances beyond your control

self-REGULATED

and able to support other humans to self-REGULATE

self-MOTIVATED

and MOTIVATED to work and collaborate with other humans

self-ACCOUNTABLE

and able to hold other humans ACCOUNTABLE to being kind, respectful and reliable

Contact:



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www.better-me-project.com



[Book a discovery call](#)

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